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metro

Tuesday, February 19, 2013



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Festival casts a net that's KNOTTY AND NICE

Festival du Voyageur volunteers Janet La France, right, and Emily Young, 9, spent a chilly Monday afternoon indoors at the store in Fort Gibraltar showing visitors how to tie fishing nets. The festival launched this weekend and will carry on until Feb. 24. SHANE GIBSON/METRO

Man dies in winter whiteout

Whomped by weather.
 Wind and snow cause
 traffic chaos, fatality



**ELISHA
 DACEY**
 elisha.dacey@metronews.ca

At least one person died in the latest winter wallop Mother Nature decided to dish out to Manitobans.

RCMP said a 54-year-old man died after he left his ditched car on a back road near Landmark, Man., on Monday. Conditions at the time could best be described as "whiteout." The man was found 50 metres from his car.

While the Red River Valley and much of southeastern Manitoba saw only 10 to 15 cm of snow on Monday, it was the wind that created havoc on the province's highways, gusting steadily at about 70 km/h throughout much of the day.

RCMP responded to num-

erous accidents and vehicles in the ditch, including a 10-vehicle pileup that happened near St. Francois Xavier due to poor visibility. RCMP said there were no major injuries.

There were also no injuries when two semis hit the road closure barricades at the Headingley Weigh Station, despite police vehicles with their lights flashing near the gate. Flying debris hit the police car.

Several highways remained closed throughout the day, including the Trans Canada Highway from Headingley to Portage la Prairie and Hwy. 75 from Winnipeg to the border.

Inside Winnipeg, City of Winnipeg snowplows got off to an early start, rolling at 9 a.m. on the Louis Riel Day holiday. The city issued a statement saying they were starting with priority 1 and 2 streets before moving onto residential streets. Back lanes will begin to be cleared at 7 a.m. Tuesday.

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Crime

Winnipeg police tight-lipped about city's latest homicide

Police released few details about a brazen killing at a downtown restaurant that led to a tense standoff at a West End rooming house Friday morning.

William Edward Moar, 24, became the city's second homicide victim of 2013 after reportedly being shot in the head while inside Johnny G's Restaurant and Bar on Main Street around 2 a.m.

Winnipeg police Const. Eric Hofley confirmed something at the scene led police to a multi-family dwelling house on Sherbrook Street around 4 a.m.

But Hofley wouldn't say whether any of the people taken out of the residence — following an hours-long standoff with heavily armed members of the police tactical unit — are suspects in the shooting.

Hofley said Moar was known to police, but wouldn't confirm reports he had gang ties.

METRO

Roads

Winnipeg teen faces charges after fatal crash

A young man is facing a long list of charges in connection to a Centennial area crash early Friday that left a pedestrian dead.

A 53-year-old woman was taken to hospital where she later died after a speeding 2004 Chevrolet Impala going north on Isabel Street ran a red light at the intersection at Notre Dame Avenue around 6 a.m. and hit a 2011 Honda CRV that had been heading west on Notre Dame Avenue.

The force of the crash sent the CRV onto the sidewalk, where the woman was hit. METRO



Twelve-year-old Nathan Unrau and his parents Elsie and Rohan stand in their Charleswood kitchen where twice a month they and a group of volunteers put together hundreds of bagged lunches for the homeless. SHANE GIBSON/METRO

Boy, 12, has helping homeless in the bag

Power of one. Home-based non-profit started by pre-teen shows no signs of slowing down



SHANE GIBSON
shane.gibson@metronews.ca

A single positive action by a young Winnipegger last October has snowballed into something that is both feeding the city's homeless and inspiring others to action.

Nathan Unrau, 12, started Lunches With Love last year

after being moved by what he saw while completing his one local action to get into We Day.

"I knew right off the bat we couldn't stop," said the Grade 7 Westdale Junior High student of how he felt after making and delivering 42 paper bag lunches to the Main Street Project as his We Day ticket. "When we first got there I was very shocked to see what was happening to their lives."

With help from his mom Elsie, his dad Rohan and a growing list of volunteers, Nathan has since made and delivered 1,797 lunches — which include either an egg salad or tuna salad sandwich, fruit and a treat — each

packed in a brown paper bag in the family's cosy kitchen in their Charleswood home.

"When you have a child who grows up in this end of the city, it's a different world," said Elsie of the impact the idea has had on her family and others who have since joined to help. "We're hoping to get people up and moving."

Nathan is now in charge of as many as 14 volunteers who come to the family home every second Saturday to help put together nearly 350 lunches at a time, and the home-based not-for-profit has gotten so big so fast the family may soon have to find a bigger kitchen.

Online

For more information, send an email to LunchesWithLove@shaw.ca, or check them out on Facebook by searching "Lunches With Love."



Lunches With Love now has two drop-off locations for donations like food and winter clothing across the city, and has inspired a handful of others to start similar home-based initiatives making food for the homeless.

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Appeal. Wide praise for increased sentence for sex offender Graham James

Victims praised the decision of the Manitoba Court of Appeal on Friday to more than double the sentence of child molester and former junior hockey coach Graham James.

"This is a great day for all survivors," retired NHL star Theo Fleury, who played for the Calgary Flames, said on Twitter after the court boosted James's sentence to five years from two.

It was largely because of Fleury that James faced a second set of charges for molesting junior hockey players under his care. He had been convicted in 1997 for sex assaults against three others, including former NHLer Sheldon Kennedy.

Justice Alan MacInnes wrote on behalf of the three-judge panel that trial judge Catherine Carlson did make a mistake during James's sentencing in Winnipeg last year.

"The decision of the judge was thorough and thoughtful. Notwithstanding, I have concluded that she erred."

James was a rising star among junior hockey coaches in the late 1980s and early 1990s.



Court artist's sketch of Graham James during his sentencing hearing in Winnipeg in March 2012.
TOM ANDRICH/THE CANADIAN PRESS

He was given two years but the Crown argued in its appeal that Carlson had erred in her application of sentencing principles and put too much weight on the three-and-a-half years he received in 1997 for abusing other young players, including Kennedy.

MacInnes said James does deserve some credit for turning his life around since his original conviction.

THE CANADIAN PRESS

Hearing

B.C. child killer requests transfer to Manitoba

Clean-shaven and quiet, a far cry from the wild-eyed child killer who yelled at his victims' mother at his murder trial, Allan Schoenborn asked a B.C. Review Board panel Friday to recommend his transfer from British Columbia to a psychiatric hospital in Manitoba, where his mother and other family members would be able to visit him.

In a hearing that took less than half an hour, the man found not criminally

responsible due to mental disorder of the slayings of his three children did not seek any passes to leave the secure hospital.

"My family is in Winnipeg. I was born and raised in Winnipeg. It's the right place to be," Schoenborn told the three-members of the review board panel.

His mother has come from Manitoba to visit him at the Forensic Psychiatric Hospital in suburban Port Coquitlam several times, he said.

A few hours later, the panel issued a decision that recommended the transfer. The decision is only the first of many steps towards a possible transfer.

THE CANADIAN PRESS



In this screenshot from a video posted on YouTube, Jason Boyd gets into an argument at a minor hockey game. YOUTUBE SCREENSHOT

Hockey dad gets banned from rinks

Apology. The father said in a statement that he wishes to 'sincerely apologize' for his behaviour

Quoted

"I cannot and will not try to justify or excuse my actions. I had a significant lapse in judgment and for that I am truly sorry."

Jason Boyd, in a written statement.

A Winnipeg father has been banned from hockey arenas for the rest of the season following a verbal tirade at a minor hockey game that was caught on video and posted to the Internet.

Terry Kirkham of Hockey Winnipeg says a letter has been sent to Jason Boyd informing him he's banned from all arenas for the re-

mainder of the 2012-13 season.

Video from the Feb. 11 game shows Boyd yelling his disapproval when a referee called a hit to one of his son's opponents a head shot, calling the injured defenceman a "midget" who would not have been struck in the head if he was taller.

It shows Boyd — who was

holding a baby — then get into a heated argument with the camera holder and with Chuck Kitson, whose 15-year-old son Emerson was on the receiving end of the hit.

In the footage, Kitson approaches Boyd over the midget comment. "I touched him with a single finger and said 'excuse me'," Kitson said.

The one-minute clip up-

loaded to YouTube then shows Boyd threatening to "cave his (expletive) glasses in" if Kitson touched him again. It had about 75,000 views as of Friday evening.

"I was quite angry that somebody would be yelling when my son is lying on the ice, and calling him names," Kitson said Friday.

Boyd said in a statement that he wishes to "sincerely apologize" to Kitson and his son for his "unacceptable behaviour" during the game.

In an email containing the statement, Boyd's cousin Paul Boyd says the hockey dad is offering to make a personal apology to Kitson and his son.

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Shiites protest in Pakistan after bombing kills 89

Sectarian attacks. Latest in a string of violence against Muslim sect sparks outrage against government inaction

At least 15,000 Shiite Muslims took to the streets in south-west Pakistan on Monday in a second day of protests following a bombing that killed 89 people. Relatives of the victims refused to bury their loved ones until the army takes action against the militants targeting the minority sect.

Meanwhile, militants wearing suicide vests and disguised as police officers attacked the office of a senior political official in northwest Pakistan, killing six people, police said.

Pakistan has been besieged by militant attacks in recent years, many of them carried out by the Pakistani Taliban, who have been waging a bloody insurgency against the government. Radical Sunni militant groups have also increasingly targeted the country's Shiites because they do not view them as real Muslims.



A police officer grieves Monday outside a hospital over the deaths of his colleagues killed in a bombing in Peshawar, Pakistan. Militants disguised as police officers attacked the office of a senior political official, killing several people, officials said. SOHAIL IQBAL/THE ASSOCIATED PRESS

Many of these sectarian attacks have occurred in south-west Baluchistan province, which has the largest concentration of Shiites in Pakistan. Many are Hazaras, an ethnic group that migrated from Afghanistan over a century ago.

The bomb that ripped through a produce market Saturday in Baluchistan's provincial capital of Quetta

was the second mass-casualty attack targeting Shiites in the city in a little over a month. A double bombing of a billiards hall in January killed 86 people.

The death toll from the most recent blast, which was caused by a bomb hidden in a water tank, rose to 89 on Monday after eight people died of their wounds, said

Baluchistan's home secretary, Akbar Hussain Durrani.

Outrage over the attacks has grown in Pakistan, and protests were held in over a half dozen cities Monday in addition to Quetta. But it's unclear whether the demonstrations will spark action that will make the Shiites any safer.

THE ASSOCIATED PRESS

Round-the-world journey ends fatally in Thailand

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in a blog, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Jerry Root said. "They didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to



British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week in a road accident during their round-the-world cycling odyssey. JERRY ROOT/THE ASSOCIATED PRESS

think of how happy they were with each other. They were leading the life they wanted to," he said.

The couple had been posting photos and details of their trip on the website Two on Four Wheels. They also had many followers on Twitter and Facebook who were tracing their journey, which included a trip through remote parts of

Central Asia.

A video they posted from that part of the journey shows them camping in the desert, riding through hills, stopping to swim in rivers and lakes, and braving heavy snowstorms. They also cycle through tense situations as armed conflict breaks out during their journey through Tajikistan.

THE ASSOCIATED PRESS

Russia

Scientists recover meteor fragments

Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about its contents.

However, local residents seem more interested in the black market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which injured nearly 1,500 people and caused widespread property damage in Chelyabinsk city on Friday — was the largest recorded space rock to hit Earth in more than a century.

THE ASSOCIATED PRESS



Pieces of a meteorite are seen in a lab in Yekaterinburg, Russia, on Monday. THE ASSOCIATED PRESS

'Just like that, she is gone': Victim's mom



Paralympic superstar Oscar Pistorius was charged Thursday with the murder of his girlfriend Reeva Steenkamp, pictured at a photo shoot, who was shot inside his home in South Africa. ICE MODEL MANAGEMENT/THE ASSOCIATED PRESS

Blade Runner. Family of model who was allegedly murdered by Paralympian superstar talks to newspaper

The family of Oscar Pistorius' slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero

murdered the model who was shot multiple times.

June Steenkamp, Reeva Steenkamp's mother, told The Times in a front page interview published Monday: "Why? Why my little girl? Why did this happen? Why did he do this?"

"Just like that she is gone," the newspaper quoted her as saying in what it described as an emotional telephone interview. "In the blink of an eye and a single breath, the most beautiful person who ever lived

is no longer here."

Pistorius, who remains in custody in a red-brick, one-story police station in Pretoria, is set to return to court Tuesday for the start of his bail hearing. It will be the first opportunity for the prosecution to describe evidence police gathered against the 26-year-old double-amputee runner and the reasons why he was charged with murder. Prosecutors allege the killing was premeditated.

THE ASSOCIATED PRESS

Alleged \$80M debt

Body of abducted Russian lawmaker found in barrel

Authorities say the body of a Russian local lawmaker has been found cemented in a barrel. Another politician has been accused of ordering the killing over an \$80-million debt.

Mikhail Pakhomov, 37, went missing last week. He was a member of the local legislature in Lipetsk, a city some 350 kilometres (some 215 miles) south of Moscow, and was last seen when three unidentified men pushed him into a car and drove away.

Russia's Investigative Committee says several suspects were detained in the case, and that authorities found Pakhomov's badly beaten body in a barrel of cement in a garage. The committee says Yevgeny Kharitonov, a former provincial official, is being held on suspicion of ordering the killing of Pakhomov.

THE ASSOCIATED PRESS

Gun debate. Kids busted over imaginary weapons

Kids with active imaginations? Or potential threats to school safety?

Some school officials are taking the latter view, suspending or threatening to suspend small children over behaviour their parents consider perfectly normal and age-appropriate — even now, with schools in a state of heightened sensitivity following the mass shooting at Sandy Hook Elementary in December.

The extent to which the Newtown, Conn., shooting might influence educators' disciplinary decisions is unclear. But parents contend administrators are projecting adult fears onto children who know little about the massacre of 20 first-graders and six educators, and who certainly pose no threat to anyone.

"It's horrible what they're doing to these kids," said Kelly Guarna, whose five-year-old daughter, Madison, was suspended by Mount Carmel Area School District

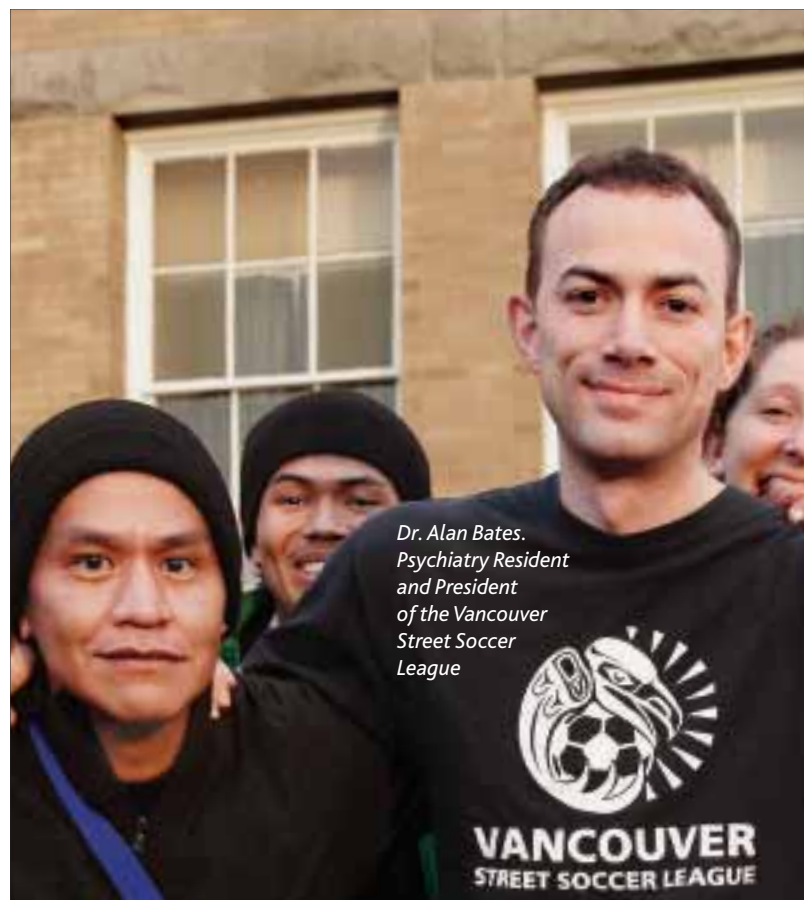


Kelly Guarna and her five-year-old daughter Madison in Mount Carmel, Pa. THE ASSOCIATED PRESS

in eastern Pennsylvania last month for making a "terroristic threat" with a bubble gun. "They're treating them as mini-adults, making them grow up too fast, and robbing them of their imaginations."

The slew of recent high-profile suspensions over perceived threats or weapons infractions has renewed old questions about the wisdom of "zero tolerance" policies.

THE ASSOCIATED PRESS



Dr. Alan Bates.
Psychiatry Resident
and President
of the Vancouver
Street Soccer
League

VANCOUVER, BC

Game Changer

When psychiatry resident Dr. Alan Bates began volunteering with the Vancouver Street Soccer League, he had no idea how big an impact the game would have on the city's homeless population. Getting together to practice and play games — sometimes in international tournaments — has been incredibly beneficial for the lives and health of the players in the nine-team league. "The returns have been striking: Reduced alcoholism and hospitalizations, players finding homes and jobs. It's amazing what a difference these games make." DOCSFORPATIENTS.CA

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At least 3,000 children died in residential school system

Hard facts emerge.

Disease the lead killer, ahead of malnutrition, fire, drowning, suicide

At least 3,000 children are now known to have died while attending Canada's Indian residential schools, according to new unpublished research.

While deaths have long been documented in the residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver. The number could rise as more documents come to light.

The largest killer, by far, was disease. For decades starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-

The system

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s.

- **Curriculum.** In many cases, native kids were forced to attend under a federal policy of "civilizing" aboriginal peoples.

1919 also took a devastating toll: In one grim three-month period, the disease killed 20 children at a residential school in Spanish, Ont., the records show.

While statistical analysis has yet to be done, the records show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings and exposure were other causes.

Many kids were physically, mentally and sexually abused. Some committed suicide.



A tin grave marker of a student from St Joseph's Indian school in Chapleau, Ont. ALEX MAASS/HANDOUT/THE CANADIAN PRESS FILE

Some died fleeing their schools, including four boys — two aged 8 and two aged 9 — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

The records reveal the

numbers only fell off dramatically after the 1950s, although some occurred into the 1970s.

In fact, Maass said, student deaths were so much part of the system, architectural plans for many schools included cemeteries laid out in advance.

Maass said researchers had identified 50 burial sites as

part of the project.

About 500 of the victims remain nameless. Documentation was contained in Department of Indian Affairs year-end reports, which abruptly stopped in 1917.

"It was obviously a policy not to report them," Maass said. THE CANADIAN PRESS

Recruitment fund

Cops feel squeeze as program ends

The end of a federal program aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police and could stretch existing resources across the country, law enforcement officials say.

The \$400-million Police Officer Recruitment Fund was set up in 2008 in order to add 2,500 new officers.

Julie Carmichael, a spokeswoman for Public Safety Minister Vic Toews, reaffirmed the government's commitment to being tough on crime.

"We were pleased to make a significant one-time investment," she said via email.

Opposition Leader Tom Mulcair said the continuation of the fund has always been important to his New Democratic Party.

He told a recent news scrum in Montreal that the Conservatives "like to snap their suspenders and tell everybody they're a law-and-order government."

"It's an irony to see them scaling back investments on law and order."

THE CANADIAN PRESS

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Man charged with slapping toddler loses job

Minneapolis-Atlanta flight. Accused man was an executive of aerospace company

A man charged with slapping a toddler on a Minneapolis-to-Atlanta flight is out of a job, his former employer said Sunday.

Joe Hundley, 60, of Hayden, Idaho, is no longer an employee of AGC Aerospace and Defense

Composites Group, Daniel Keeney of DPK Public Relations confirmed Sunday night.

Al Haase, president and CEO of AGC, issued a statement that, while not referring to Hundley by name, called reports of behaviour by one of its executives on recent personal travel "offensive and disturbing" and said he "is no longer employed with the company." Keeney would not say whether Hundley was fired or resigned.

Hundley was charged last

week in federal court with simple assault for allegedly slapping the two-year-old during the Feb. 8 flight. His lawyer said Hundley will plead not guilty. The charge carries a maximum penalty of a year in jail.

The boy's mother, Jessica Bennett, 33, told the FBI their flight was on final descent when her 19-month-old son started to cry. Hundley "told her to shut that (N-word) baby up," an FBI special agent said in a sworn statement. She said

Hundley then slapped him in the face, scratching the boy below his right eye, causing him to scream even louder.

Bennett told television stations the incident has caused her family a great deal of trauma and that her son had turned wary of strangers.

Hundley appeared drunk and complained that her son was too big to sit on her lap, Bennett said. "He reeked of alcohol.... He was belligerent, and I was uncomfortable."

Bennett said she was shocked by the slur she says Hundley used. "And I said, 'What did you say?' because I couldn't believe that he would say that," she told WCCO-TV. "He fell onto my face and his mouth was in my ear and he said it again but even more hateful. And he's on my face, so I pushed him away."

Bennett and her husband are white, while Jonah, whom they adopted, is black.

THE ASSOCIATED PRESS

AGC statement

"We wish to emphasize that the behaviour that has been described is contradictory to our values, embarrassing and does not in any way reflect the patriotic character of the men and women of diverse backgrounds who work tirelessly in our business."



Proving men's credibility?

A French father demanding visiting rights with his son climbed down Monday from his protest perch atop a crane, which was painted with a French phrase meaning "Save our children from justice." But he said it will be a long time before divorced dads are seen as credible single parents and get the same rights in France as mothers. Serge Charnay halted his four-day protest after Justice Minister Christiane Taubira met with SOS Papa, an activist group for divorced fathers. DAVID VINCENT/THE ASSOCIATED PRESS

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Can PS4 inject some life into home gaming?

Launch rumoured.

New system might steal a bit of thunder back from tablets and smartphones



MICHELLE CASTILLO

Metro World News in London

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's yet to be any official word from the company, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch pad capabilities, they say, like the PS Vita. It could allow more than one user to log in at the same time. It will likely have a more advanced mo-

Quoted

"They are really angling for (the PS4 to be) a piece of your living room, not only as a gaming device but a digital lifestyle hub."

Scott Steinberg, gaming industry consultant

tion support system and be able to stream games and content.

One thing is a fact: PlayStation 4 will represent Sony's attempt to put some interest back into the home gaming market and to quash rivals Nintendo and Microsoft once and for all, especially in the U.S.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg, a gaming industry consultant.



Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time, the fast-food company's Twitter picture was changed to a McDonald's logo, the background picture changed to McDonald's new Fish McBites and the account tweeted that Burger King had been sold to McDonald's. Burger King hopes to have the account back up soon. THE ASSOCIATED PRESS

Man released following attack on Canadian-owned mining project

A Greek prosecutor ordered the release Monday of a 54-year-old man hours after he was arrested in connection with an attack on a Canadian-owned gold mining operation in which about 40 masked intruders torched machinery and vehicles.

Police had arrested the man for "moral instigation" of the attack due to his contribu-

By the numbers

95%

The mining company developing the Skouries project, Hellas Gold, is 95 per cent owned by Vancouver-based Eldorado Gold Inc., and is planning a gold mine and processing plant.

tions to an anti-mining blog. The prosecutor later ordered

him released without officially charging him, while also ordering the investigation to continue.

Opposition to the Skouries mining project in northern Greece's Halkidiki peninsula runs deep and the area has seen numerous protests in recent months, some of which have turned violent.

THE ASSOCIATED PRESS

Bombardier. Electric buses to be tested in Montreal

Bombardier's electric transit technology will be tested next winter on buses in Montreal, and then in early 2014 on an urban route used by passengers in the German city of Mannheim.

The transportation giant's Primove technology is designed to allow buses to be charged by underground induction stations when they stop to let passengers hop on and off. Small amounts of energy emitted from an electromagnetic field are used to quickly charge batteries on the bus and propel it to the next power source. That removes the need for lengthy overnight plug-ins, allowing the buses to remain on the road longer.

Bombardier will test the technology in Canada's harsh winter conditions at a special track on Ile-Ste-Helene, the home of Expo 67, in partnership with Hydro-Quebec and an undisclosed bus manufacturer. While Germany will test the system using buses filled with passengers, there are no immediate plans to do so in Canada. THE CANADIAN PRESS

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GOD BLESS AMERICA AND ITS UNLIMITED BREAD STICKS



SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists and yet, somehow I recently found myself

at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an ungodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

Made in America

Walls were lined with black and white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

I settled in at the bar and ordered myself a supersized glass of wine and drank in the surroundings — this was my first Olive Garden experience after all. Between the throngs of cross-border shoppers and teenaged couples, I noticed the walls were lined with black and white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep dish bowls of cheese ravioli. When our eager-to-please server arrived I noticed that she was wearing a green button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of faux-Italian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a sadistic dining experience in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their mason jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat in order to help myself slide out of it.

As I lurched out of the restaurant, the crowds were continuing to stream in. My inner foodie cringed and yet I had to admit, there was a certain appeal. I don't care how sophisticated your palate is, everyone can appreciate a hefty quantity of cheesy carbohydrates for just \$11.95 US.

Follow Jessica Napier on
Twitter @MetroSheSays



The Truman Show – beach edition



SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. **METRO**

Not quite an island

- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature inside.** 26 C — compared to outside — 20 C.



A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.

SEAN GALLUP/GETTY IMAGES



Twitter

@anitadaher:

Happy family day! Cold and blowy in Winnipeg. I vote we stay in and play board games.

@EtotheMAN:

Stuck in Portage la Prairie. Cant get to winnipeg with this roads

@hgerda:

#mbstorm drove from Winnipeg to Steinbach just now. Unbelievable total whiteout. Why are the hws not closed. Stay home. cars in ditch

@nmilaire:

Happy #LouisRielDay MB! It's blustery out there - thank goodness for the #LongWeekend so you can stay cuddled up at home :) #Winnipeg

@BGoezen:

Soo I lost my white car in the snow.

@DerekOnGlobal:

On the bright side...plenty of exercise to be had today!! Shoveling... cursing at the blowing snow...can really work the abs on that one :{



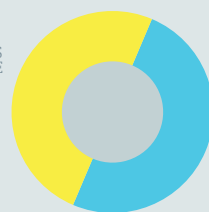
A change from chain restaurants. JESSICA NAPIER/METRO



Register at metropolitanpanel.ca and take the quick poll

Do you fear a meteor strike?

50%
SOMEWHAT, BUT THERE'S NOTHING WE COULD DO ABOUT ONE



50%
YES, AS MUCH AS I FEAR A ZOMBIE APOCALYPSE ... SO A LOT

0%
NO, THERE'S MORE IMMEDIATE THREATS OUT THERE, LIKE ZOMBIE APOCALYPSES



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DVD review



Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. Argo tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — Argo is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL



Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class. Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups

Wilder Weir, host of Oh So Cosmo and an eligible bachelor on the upcoming W Network series, Come Date With Me, gives the male take on some of the biggest mistakes women make on a first date.

Texting/constantly checking her smartphone

Going on a date can be an

insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of America's Most Wanted and

are worried your face is going to end up on the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer. Don't get

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. **METRO**

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ARGO

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Cult creator no stranger to dealing with obsessed fans

New series. Rockne S. O'Bannon, the man behind *Farscape*, used his experiences with that show to inspire his latest project



**NED
EHRBAR**
Metro World News in Hollywood

The new mystery series *Cult* follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of rabid, cult-like fans of a hit TV show called ... *Cult*. Which is about a cult with a charismatic leader named Billy Grimm who is played by an actor named Roger Reeves, who is played in real life by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits.

"It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and *Farscape* creator O'Bannon is no stranger to obsessed fans, he admits.

"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up," he says.

"It started me thinking what if the show were something with a little bit (of a) darker edge and what kind of fans would that then draw?"

Multi-layered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more. For instance, the actual show ends with a "created by" credit for Steven Rae, the name of the creator of the fictional *Cult*. (Eagle-eyed fans might notice that Rae is also the pseudonym O'Bannon has used for some less respectable entries on



Cult premieres on CTV Two tonight. HANDOUT

Staying close to home

Cult marks another CW series for star Matt Davis, whose *Vampire Diaries* character, Alaric, bit the dust at the end of last season. Luckily, the network had another role in mind for him. "I knew that they were going to write Alaric off the show, and I called my agents to let them know that I needed to find another job. And they sent me a few scripts over the weekend, one of which was *Cult*. And it was clearly the best one of the bunch, and it really spoke to me on a lot of dimensions," he says. The producer felt the same about Davis, making

him an offer for the role right away. The only wrinkle came in coordinating schedules between the two shows. "I was shooting the final scenes of Alaric dying one week, flew to Vancouver to shoot *Cult*, came back to shoot Alaric dying again for the finale," he remembers. "So that was a strange overlapping effect that was only made possible due to the efforts of both productions being gracious enough to make it happen. It felt very synchronistic. It felt right. It just sort of all fell together at the last minute. And I'm very blessed that it did."

Quoted

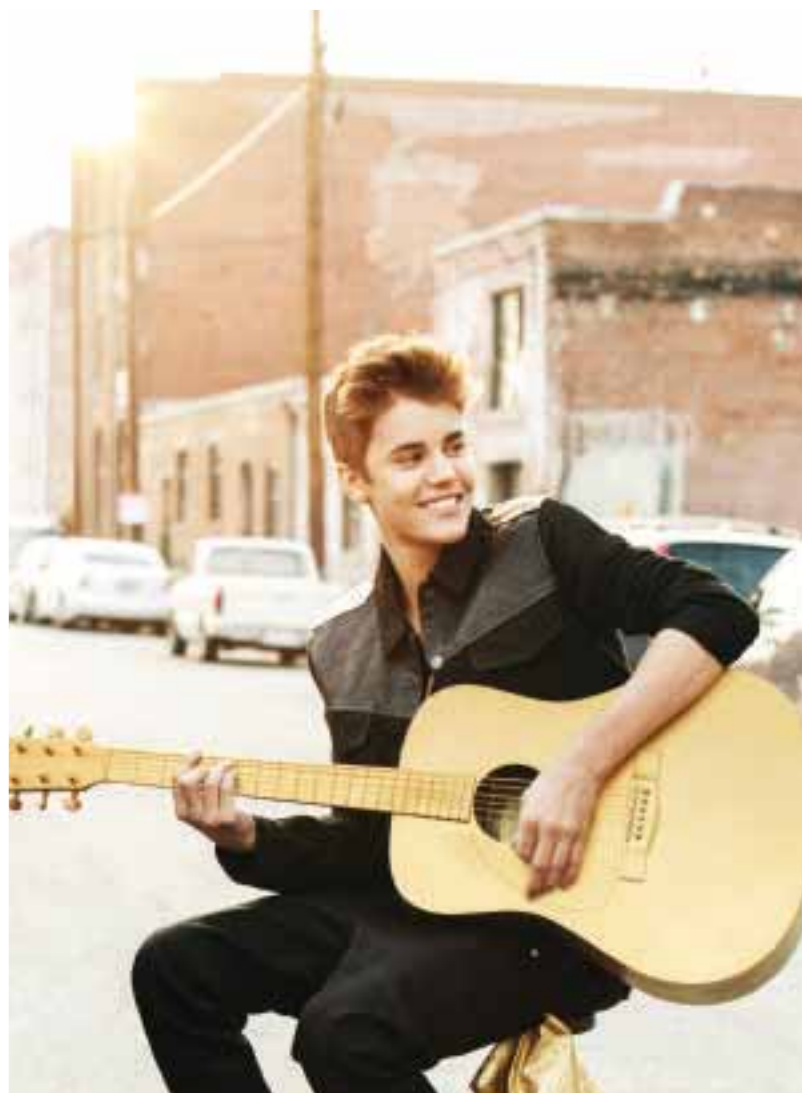
"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up"

Cult creator Rockne S. O'Bannon

ratings for the new series, O'Bannon thinks that idea might be a bit too far-fetched.

"We obviously hope that the show is incredibly effective and creates that kind of visceral experience for the audience, but I don't know that it has the power to go quite that far," he says.

When asked if the network has a contingency plan for a rash of *Cult*-inspired kidnappings, O'Bannon's answer is refreshingly simple: "No."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Brooke Shields ALL PHOTOS GETTY IMAGES

Supportive stars Shielded Brooke from the bad side of the biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs happened," she

says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."

Twitter



@ABFoundation

Fox TV reporter followed me down street, walking my dogs. He tripped and fell. My doorman said, "I'm your witness! You didn't push him!"



@Joan_Rivers

Reading about all those people stranded aboard the Carnival Triumph. The passengers on the Titanic had a better time on their trip.



@realjeffreyyross

Last night on the phone my buddy @bobsaget told me his eyelid was infected and when I woke up today mine was too. Theories?



@charliesheen

hashtag hash browns! hashtag flash clowns! hashtag crash frowns! hashtag mash gowns! hashtag porpoise fur hashtag please stop Charles

Fertile Fergie fesses up to having lovely baby bump



THE WORD

Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting. "Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed

suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening."

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."

Lindsay's mood swings alarmed SamRo's mom

Ann Dexter-Jones, the socialite mother of DJ Samantha Ronson, is opening up about why she stepped in to break up Ronson's relationship with Lindsay Lohan. "I was seriously anxious about Samantha's safety and well-being. I feared tragedy," Dexter-Jones tells the Daily Mail. "It got to a point that I wasn't sleeping very well." She remembers a party for the opening of the Atlantis Hotel in Dubai as being a particular breaking point. "Suddenly, without any warning, Lindsay flung herself onto the thick carpet and started to roll around screaming like a child,"

Perilous path

"I was seriously anxious about Samantha's safety and well-being. I feared tragedy."

Ann Dexter-Jones

Dexter-Jones says. "It seemed she was upset that people, including Samantha, were not paying her enough attention. To my mind, it was classic psychotic behaviour. I took Lindsay aside and told her not to make a spectacle of herself. She was clearly out of control and spoiling for a fight."

metro

RRSP GUIDE

Tuesday, February 19, 2013



In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

The earlier you save, the better

Rule of thumb. Try to put 10 per cent of annual income towards retirement

PAULINE
ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age re-

Savings for retirement

\$1 million

If you think you will need \$40,000 per year when you retire, bank on having \$1 million saved (that's right, one million), and if you can get by on only \$30,000, you will still need \$750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

port that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need

this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

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When saving for your retirement, seek out a financial adviser who can look at the big picture. iSTOCKPHOTO/THINKSTOCK

Advisers can answer questions

KRISTA
SYLVESTER
For Metro

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax de-

Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of

Canadians who contributed to an RRSP in 2010.

- More than five per cent of Canadians did not make an RRSP contribution in 2012.

ductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Canadians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning

\$80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with \$1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

Dividing assets when you split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax



Divorce can complicate matters when you factor in finances, investments, and RRSPs. MARIA TEJEIRO/PHOTODISC/THINKSTOCK

form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

"This ensures that the money is kept sheltered in the transfer and doesn't trigger any taxes when it leaves the

other account. Whether the RRSP is in a spousal account is irrelevant for this process."

Divorcing couples will ultimately have to decide what is more important to them when dividing assets. Would they rather have the family home, or the future retirement nest? Each couple will have to decide that for themselves.

KRISTA SYLVESTER

Options. RRSPs still the top choice



TALBOT BOGGS
Smart Investing

Even with a myriad of other options, the registered retirement savings plan (RRSP) still is the cornerstone of retirement savings for most Canadians, although they may not be using it to its fullest advantage.

The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP). Designed to help the estimated 3.5 million Canadians who do not have employer-sponsored pension plans or RRSPs, the PRPP would be a great adjunct to the RRSP if and when it comes formally into being.

"At the moment we don't know a lot about the environment of the program because Ottawa and the provinces are still making their decisions about it," says Colin Montgomery, a financial ad-

Incentives

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement. They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

Colin Montgomery, a financial adviser and certified financial planner with Edward Jones

viser and certified financial planner with Edward Jones. "PRPPs alone probably will not be enough when it comes to retirement planning and individuals will need advice based on their own financial situation."

A PRPP is defined as a contribution pension system offered by a third party financial institution such as a bank or insurance company. The plan administration and fiduciary duty will be the responsibility of the financial institution, making it fairly easy for small- to medium-sized companies to set one up.

There likely will be some major differences between RRSPs and PRPPs. PRPPs, for example, are locked in until the age of 55 at the earliest, and in some provinces that may be as high as 65.

Unlike RRSPs, you can't get your money out of a PRPP once it is in and, therefore, you could not take advantage of programs like the homebuyers plan, which allows you to withdraw up to \$20,000 to buy your first home, or to take out money tax-free for post-secondary tuition costs.

As well, you may not have as many investment options as you do with an RRSP. The actual investment guidelines will be set by the government and then individual plan administrators will offer products that meet those guidelines for investors from which to choose.

Contribution limits to a PRPP are the same as to your RRSP but cannot exceed your overall allowable limit. If you

have \$30,000 of RRSP contribution room, you could make any contributions to both plans as long as the total does not exceed \$30,000.

"At the moment we don't know how the plan will be administered and how advice will be offered," Montgomery says.

"The government sets the options, the administrator sets the products and the investors make the choice."

Statistics show that Canadians are saving less than four per cent of their disposable income and, despite the billions of dollars invested in RRSPs and tax-free savings accounts (TFSA), they have plenty of room to add more to their retirement plans.

For example, only 26 per cent of eligible tax filers contributed to an RRSP in 2010. While total RRSP contributions in 2010 rose to \$33.9

billion, up from \$33 billion in 2009, the total amount that Canadians were entitled to contribute in 2010 grew to \$717 billion from \$671 billion in 2009.

Twenty-one million Canadians have a total of \$632 billion in unused RRSP contribution room.

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement,"

Montgomery says.

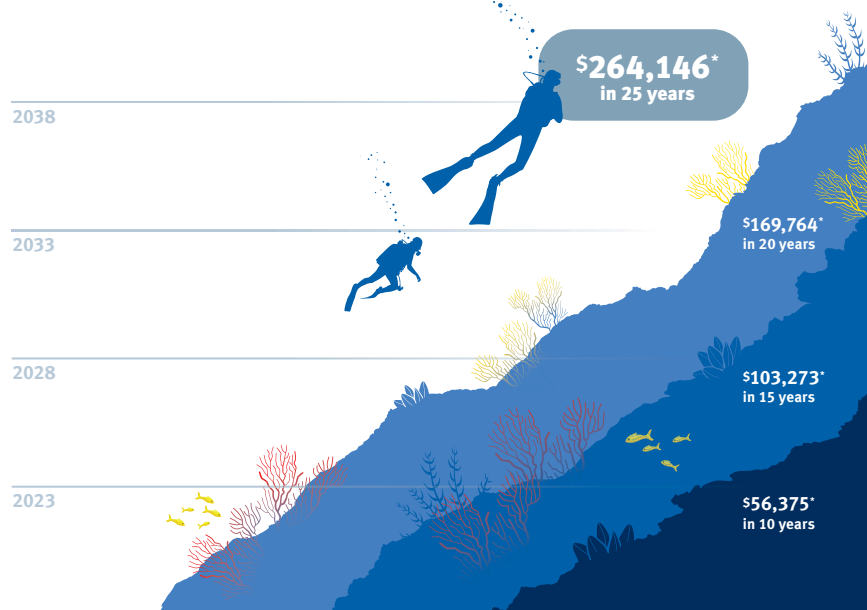
"They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.



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The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP), but an RRSP is still the most popular for investors and those saving for retirement. WAVEBREAK MEDIA/THINKSTOCK

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A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new *Die Hard* instalment talks to Metro about the movie that made him buff

ROMINA
MCGUINNESS
Metro World News

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.
He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...
Do you want to know the amount?

Sure.
108.

And how many of those did you crash?
A couple. It was an epic car chase.

Did you have to get in shape for the role?
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy having to do that.



Jai Courtney says while he had to get fit for his role in the new *Die Hard*, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

Was that for your role as the gladiator Varro in the TV series *Spartacus*?
Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for *Die Hard*?
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking

and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since *Spartacus*, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insur-



Courtney suffered a self-inflicted injury on set. HANDOUT

ance companies would have something to say if we tried to attempt it all ourselves.

Did you get any injuries on set?
None that I have any cool stories about. The only injury I got — and it was self-inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth *Die Hard* — this is your first. What tips did he give you for being the perfect John McClane Junior?
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you

how to do it.'

You fought Tom Cruise in *Jack Reacher* and lost. Could you take him in real life?
I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?
I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original *Die Hard* movie came out. Which movie is your favourite?
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yip-pee ki-yay.
You can't say Yippee ki-yay!??...

How come you don't have a catchphrase? Make one up now.
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role...

Best Health

Whiten your teeth with care



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In the March/April issue of Best Health magazine, on newsstands now, writer Lisa Bendall looks into the various teeth-whitening products available at the drugstore and your dentist's office. Here's a snapshot:

The products you leave on your teeth for five, 20 or 30 minutes — the strips and gel trays, for example — are designed to restore teeth's enamel by removing dirt and debris. These products all contain hydrogen peroxide, which releases oxygen molecules in your mouth that react chemically with staining materials and lift them off.

But the strength of the hydrogen peroxide varies widely depending on the product: It's typically from three to 15 per cent in drugstore products, and anywhere from 15 to almost 40 per cent at the dental office. So, can it im-

mediately damage the tooth's enamel?

That's a myth. According to North Vancouver dentist Dr. Bruce Ward, "There's no evidence of damage in the short-term."

It's not yet known whether extreme or long-term use can cause harm. And homemade whitening formulas made with lemon juice, baking soda or crushed strawberries are not a good idea as they bathe teeth in acid.

"You could end up with more sensitive teeth, and lose some tooth structure," says Ward.

For more info about how



While safe in the short-term, no one knows if tooth-whitening products cause harm in the long run. ISTOCK

various products work, see the March/April issue of Best Health magazine, now on newsstand—or check out our

new iPad edition! **TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.**

Cool runnings

Exercise. Jogging in the winter is a great way to stay fit, but beware of the hazards on the path to health

MEREDITH ENGEL

Metro World News in New York

You've made a resolution and want to get rid of those extra pounds, but how to get started? Staying fit by exercising outdoors in cold winter weather brings on some unique challenges. Here are some tips on the hazards of outdoor fitness, and how to avoid them:

Frostbite

Exposed skin surfaces and extremities are susceptible to injury from contact with cold air, as the circulatory system naturally diverts warm blood away from cold skin in order to keep your core temperature constant.

Nose, ears, lips, fingers and toes are particularly sensitive areas and should



Outdoor running is a great way to avoid all those viruses circulating at the gym, but there are some dangers. ISTOCK

be covered and insulated when exercising in cold winter weather less than 5 C, and even more so when it is below freezing or windy.

Warm hats, scarves, face masks, mittens — which are better than gloves because your fingers keep each other warm — and wool socks should all be a part of your

winter fitness wardrobe.

You may also consider hand warmers for inside your gloves. Because of the risk of frostbite, never exercise outdoors with exposed arms or legs for more than a few minutes on below freezing days.

Hypothermia

It doesn't need to be freezing

Additional tips

- **Health problems?** If you have any medical conditions such as diabetes, hypertension, heart disease, asthma or bronchitis, it is probably better to exercise indoors than risk illness due to overexertion in the cold.
- **Stay well hydrated.** The cardiovascular system is under stress in cold weather, so filling up your tanks with a sports drink or water before you go out is always a good idea.

outside to become hypothermic. Wind draws heat away from your body even faster, and so susceptibility to hypothermia is greater on windy days.

Make sure that if you are exercising outdoors in the cold, you wear multiple layers of clothing so that you are neither too cold, nor too warm.

Perspiration can cause your clothing to become wet, so strip off layers as you warm up. Evaporation from wet clothing can cause even faster loss of body heat, and makes the risk of hypothermia greater.

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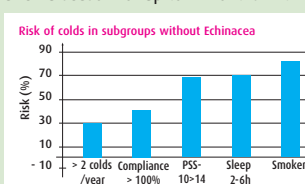


It's an old joke: medical science can cure everything but the common cold. However, it looks like the best medicine may have been with us for years, waiting for science to prove its efficacy. And now it has.

The results of the largest study of echinacea ever conducted have recently been published by a group of researchers from the Common Cold Centre at Cardiff University's School of Biosciences and the verdict is clear:

Science backs echinacea as both a remedy and a preventative treatment for colds and flu.

The study revealed that echinacea is safe to take continuously over the cold and flu season for up to 4 months with no side effects or discontinuation



symptoms. During times when the immune system is most at risk- periods of stress or inadequate restechinacea offers an additional boost to guard against infection.

Of course, if you do catch a cold, echinacea is also an effective medicine that

reduces the severity and duration of symptoms. But not all echinacea products are created equal. For their study, the Common Cold Centre used Echinaforce® by A.Vogel. This organic formula made from fresh, whole plants delivers maximum results whether you're taking it to help you overcome an infection or taking it daily to help avoid getting sick at all.

See the results of this and many other clinical studies on Echinaforce® by visiting www.avogel.ca

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Cybershopping juggernaut



Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

Alison on Money.
After years of growth, is online shopping the new norm?



YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June

2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then beetled on home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently priced gazeboes online, but didn't want to pay \$4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

RRSPs



Build your savings. Contribute to your RRSP regularly and take advantage of free money. ISTOCK IMAGES

The season for saving



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when

invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program.

Once your account is opened, individuals can contribute up to 18 per cent of their income, up to \$22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

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This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

1. Preheat the oven to 425

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

F. Line a rimmed baking sheet with foil and spray with cooking oil.

2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thick-

ened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per

inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The truth about Vitamin D



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. Salmon
2. Cod liver oil
3. Liver
4. Eggs
5. Caviar
6. Greek caviar dip taramosalata

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Add Asian flavour to your weeknight meal

For a meal idea that is quick and easy to prepare, try this Braised Chicken Thighs with Chinese Broccoli recipe.

The tangy sauce paired with the crisp Chinese broccoli adds excitement to a usual dinner staple that will easily become a new family favourite.

Also, any green vegetable like swiss chard, broccoli, asparagus, sautéed zucchini or spinach makes a great side dish for this chicken

1. Heat oil in Dutch oven or large saucepan over medium-high heat. Brown chicken on both sides, about 8 minutes

total. Remove chicken and set aside.

2. Add mushrooms to pan and cook over high heat until lightly browned, about 4 minutes. Place chicken in pan with the Stir-Fry Sauce and 1 cup (250 ml) water; cover and simmer over low heat until chicken is no longer pink inside, about 12 minutes.

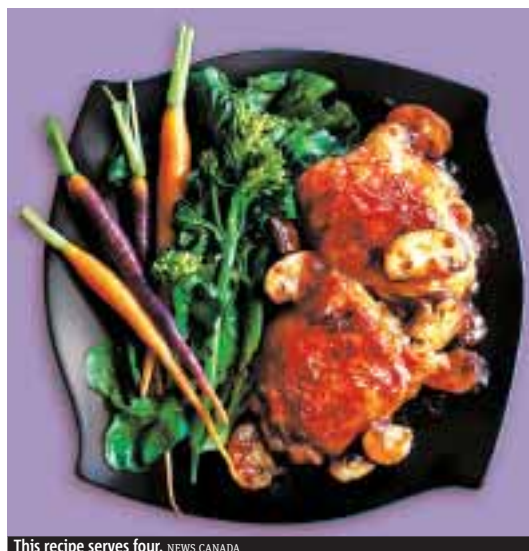
3. Meanwhile, in a large pot of lightly salted boiling water, cook broccoli until tender, about 8 minutes. Drain broccoli and serve alongside chicken once it is ready.

NEWS CANADA/ VH SAUCE

Ingredients

Prep time: 5 minutes
Cooking time: 30 minutes

- 1 tsp (5 ml) vegetable oil
- 8-9 chicken thighs, skin-on, bone-in (about 4 lb/2 kg)
- 3 cups (750 ml) finely sliced brown mushrooms
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1 lb (500 g) Chinese broccoli



This recipe serves four. NEWS CANADA

BREAKFAST • LUNCH • CATERING

What's on the menu?

"You have to try it. Anne Aka Carla will make you feel right at home. You may think you are at cheers."

-Urbanspoon review

"Great deli highly recommended for lunch or breakfast."

-Urbanspoon review

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Dream date turn into be a nightmare?



This couple probably won't live happily ever after. ISTOCK IMAGES

How romantic. Metro readers share some dating disaster stories

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happily-ever-afters.

Mike Kozubski

I had been talking to this girl on the phone who I met on a dating site about a year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was

too much to handle, and I finally blew my top when I learned that she had just broken up with a 16-year-old and walked out.

Taggart Romkey

I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth, I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and a few other creepy crawlers made me decide to avoid online dating.

Kris

I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!"

Thank goodness my next date was the one who turned out to be my husband. **METRO**



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One bite, two bites, but never, ever more. ISTOCK IMAGES

We're not filling up on appetizers



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Mr. Butler:
I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes.

But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your

house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed.

But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.

CFL

Alouettes to name new bench boss

The Montreal Alouettes have settled on Marc Trestman's successor.

The Alouettes have scheduled a news conference Tuesday morning when they're expected to announce the appointment of Dan Hawkins as their new head coach.

Hawkins would take over for Trestman, who was hired as the Chicago Bears' head coach last month following five seasons with Montreal. Over that time, Trestman led the Alouettes to consecutive Grey Cup titles (2009-10) and was named the CFL's coach of the year in '09.

The 52-year-old Hawkins is hardly a household name in Canada, having no previous CFL head-coaching experience. But the Alouettes certainly raised eyebrows in 2008 when they hired Trestman as their head coach.

While the 57-year-old American arrived with an impressive coaching resumé — 17 seasons as an NFL assistant and time coaching in the NCAA — he was assuming his first head coaching position with no previous CFL experience.

THE CANADIAN PRESS

MLB



"I'm not going to lose any sleep over it. If those guys feel

I deserve to be there, then I deserve to be there. If they feel I don't, then that's OK too."

Former pitcher Roger Clemens speaking on Monday about his exclusion from the Baseball Hall of Fame last month. Clemens was acquitted last year on charges he obstructed and lied to Congress in denying he used performance-enhancing drugs. The 354-game winner is at Houston Astros spring training as a special instructor.



Flyers forward Danny Briere, left, watches a shot slide past Islanders defender Mark Streit and goalie Evgeni Nabokov with Philadelphia's Mike Knuble screening on Monday in Uniondale, N.Y. The Flyers defeated the Islanders 7-0. SETH WENIG/THE ASSOCIATED PRESS

Giroux helps Flyers right ship vs. Islanders

NHL. New captain combines with Voracek, Read to ease Philly's road-trip woes

Claude Giroux had seen enough once the Philadelphia Flyers absorbed a one-sided defeat to Montreal in the midst of an already tough trip.

The new captain met with his club for a few minutes Saturday and told his teammates the effort and production weren't good enough from anyone — including himself.

The message wasn't kept behind closed doors. Giroux made a public declaration that things had to change quickly. In his first chance to put his words into action, Giroux led by brilliant example.

He scored 26 seconds into Monday's matinee against the

On Monday

7

Flyers

0

Islanders

New York Islanders and added a goal and an assist in the second period of the Flyers' 7-0 win.

Giroux combined with linemates Matt Read and Jake Voracek for three goals and 10 points as Philadelphia (7-9-1) earned just its third road win in 12 away games this season.

"We played with attitude. High intensity, and played as a team," Giroux said. "That's how we have to play — a full 60 minutes. We didn't let down and we wanted to win. I think it showed."

Read had a goal and two as-

sists and Voracek had a career-high four assists. Ilya Bryzgalov made 19 saves for his first shut-out of the season and 30th in the NHL.

Giroux led from the opening shift that included a hit on Islanders star John Tavares before starting the scoring. He hadn't scored in seven games and netted only one goal in 14 after posting a goal in each of Philadelphia's first two games.

"When you're a young guy and you become captain, it's a pretty heavy weight sometimes," veteran forward Mike Knuble said. "A lot of the extra things that go along with being captain maybe drag you down a little bit and maybe make you feel like you're playing with a lot on your back."

"You could tell that he got something out of his system and was playing like the point-per-game guy that he is."

THE ASSOCIATED PRESS

Elsewhere on Monday

• **Senators 2, Devils 1.** Jakob Silfverberg beat Martin Brodeur to his stick side in the shootout and goalie Ben Bishop turned aside 30 shots for his first victory of the season, giving the Ottawa Senators a 2-1 win over the New Jersey Devils on Monday.

• **Avs 6, Predators 5.** Paul Stastny and Jamie McGinn scored 13 seconds apart in the second period and Colorado snapped a nine-game losing streak against Nashville. Shea Weber scored with 1:18 left to make it a one-goal game, the only score of the final period.

THE ASSOCIATED PRESS

Nedohin, Jones lead pack at Scotties



Heather Nedohin reacts after a shot against Team Quebec at the Scotties Tournament of Hearts on Monday in Kingston, Ont. RYAN REMIOW/THE CANADIAN PRESS

Team Canada's Heather Nedohin isn't just emotion and passion on the curling ice.

She's also a master tactician who thrives under pressure. Nedohin is as friendly as they come but packs an intensity-loaded wallop in competition.

Add it up and you've got a formula for success that's working once again at the Scotties Tournament of Hearts.

"She is an extremely determined and feisty individual," said Canadian lead Laine Peters. "A lot of that is so intrinsic. I don't think you can necessarily learn it; it's just in there."

"And she's got it."

Nedohin recorded her fifth straight victory Monday evening needing only seven ends to complete a 10-3 rout of Newfoundland and Labrador's Stacie Devereaux. The defending champs were joined by Manitoba's Jennifer Jones at 5-0 after seven draws.

Nedohin is known for delivering ear-piercing orders to teammates Peters, Beth Liskiw and Jessica Mair down the sheet. The 37-year-old Edmonton skip will sometimes jump in the air, twirl her arms around or contort her body in

odd positions when her stones enter the house.

"She does have composure when she's calling the game, but when she's calling line for her shots she's so crazy," Peters said with a laugh. "We see the replays and we kill ourselves laughing because she's so full of emotion and excitement."

Nedohin simply doesn't know how to play at a low intensity.

"We like that because she pumps all of us up," Peters said. "She brings that excitement that makes us all feel that way."

THE CANADIAN PRESS

4 SPORTS



Kobe Bryant blocks the shot of LeBron James during the 2013 NBA all-star game in Houston, Sunday. The first half of the season hasn't gone as planned for Bryant and the Los Angeles Lakers, but the all-star is confident his team will fare much better in the second half. SCOTT HALLERAN/GETTY IMAGES

Bryant confident in a turnaround for lowly L.A. Lakers

NBA. Second half of season begins Tuesday with Los Angeles 10th in the West; Heat on hot streak leading East

Kobe Bryant and the Los Angeles Lakers turned their attention Monday from bad basketball and trade talk to more sombre matters.

The death of Jerry Buss, their longtime owner, was a blow for a franchise that was so often in a championship chase under his leadership. With Magic Johnson and Kareem Abdul-Jabbar, Bryant and Shaquille O'Neal, and finally Bryant and Pau Gasol, the Lakers won 10 titles since Buss became owner in 1979.

The Bryant-Gasol-Dwight Howard-Steve Nash combination wasn't working nearly as well.

The Lakers are 25-29, currently in 10th place in the

Western Conference, miles behind the Clippers in their division and their own building, and out of the playoff race. Gasol is hurt and Howard has been unhappy, leading to speculation he could be dealt before Thursday's trade deadline even though the Lakers have said otherwise.

Yet Bryant spoke confidently of a turnaround Sunday after the all-star game, just hours before Buss's death at 80.

"I think we've been playing pretty well coming into the break," Bryant said. "We laid a couple of eggs there against the Celtics and the Clippers, but all in all we've been playing pretty well, much better than we have been. We just have to continue to improve and we'll do much better in the second half."

It starts Tuesday, with the Lakers looking to get back on track, the Miami Heat in command in the East and LeBron James in command of every-

one.

Bryant blocked James' shots twice in the final minutes of the West's 143-138 victory over the East on Sunday in the all-star game. It was a rare failure for James, who has been sensational all season and whose Heat have hit their stride. Miami ran off seven straight victories going into the break and is starting to build a comfortable lead in the conference.

New York is the closest challenger in the standings, while Indiana and Chicago have already beaten Miami this season and could become stronger with Danny Granger soon returning to the Pacers and perhaps Derrick Rose coming back to the Bulls at some point. **THE ASSOCIATED PRESS**

They're No. 1

At 42-12, San Antonio has the league's best record.

NBA

Buss dead at 80

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been in hospital for most of the past 18 months while undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said.

"He was a great man and an incredible friend," tweeted Hall of Famer and former Laker Magic Johnson. **THE ASSOCIATED PRESS**



Jerry Buss THE ASSOCIATED PRESS FILE

Tennis

Nadal drawing inspiration from Brazilian soccer star

Rafael Nadal is drawing inspiration from Brazilian football great Ronaldo to continue his successful return from injury.

With Ronaldo watching, Nadal took an important step on Sunday by winning the Brazil Open for his first title after a seven-month layoff to treat his left knee. Now he wants to repeat the Brazilian's successful story of recovery from much more serious injuries.

Nadal said Ronaldo is "an example" to be followed because of his determination to rebound from a series of knee injuries that threatened his career.

Despite winning again, the Spaniard is still bothered by his knee and said he is far from fully recovered, although he hopes the victory in front of Ronaldo will mark a new beginning in his career.

"Ronaldo is an example to a lot of people because of all that he was able to achieve despite what he had to go through with all the knee problems in his career," Nadal said. "He is definitely an example to me. He's an example of determination and hard work." **THE ASSOCIATED PRESS**

MLB. Jeter on track to play on opening day following ankle surgery

Derek Jeter received an ovation that could be heard throughout Steinbrenner Field when he jogged onto the diamond for the New York Yankees' first full-squad workout Monday.

Jeter took part in most of the team drills, including on-field batting practice for the first time since undergoing ankle surgery last October. The 38-year-old captain, who has been hitting in an indoor cage, also took part in a 25-minute defensive session at shortstop.

"It felt good," Jeter said. "It's the first time I'm doing everything on the field, in terms of hitting on the field, groundballs on the dirt. What I'm doing now is what I would be doing at the beginning of workouts anyway, but I'm a couple weeks behind."

Although he didn't take part in agility or running, Jeter got the day's biggest salute from the several hundred fans present when he first appeared. They also cheered when he lined a ball to right on his first BP swing.

While waiting to enter the batting cage, a young fan near the dugout yelled "Jeter" several times before the 13-time all-star turned toward the stands, said "What?" smiled and then tipped his batting



New York Yankees shortstop Derek Jeter participates in fielding drills on Monday in Tampa, Fla.

MATT SLOCUM/THE ASSOCIATED PRESS

helmet.

A woman then asked for an autograph, and Jeter replied "(manager Joe) Girardi said no." That prompted laughs from the fans, Girardi and hitting coach Kevin Long, who was standing nearby.

After batting practice, Jeter signed a photo for the woman. Jeter broke his left ankle lunging for a grounder in the AL championship series opener against Detroit on Oct. 1 and had surgery a week later. He says he will be in the lineup for opening day against Boston on April 1.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	36	14	.720	—
New York	32	18	.640	4
Indiana	32	21	.604	5 1/2
Brooklyn	31	22	.585	6 1/2
Chicago	30	22	.577	7
Atlanta	29	22	.569	7 1/2
Boston	28	24	.538	9
Milwaukee	26	25	.510	10 1/2
Philadelphia	22	29	.431	14 1/2
Toronto	21	32	.396	16 1/2
Detroit	21	33	.389	17
Cleveland	16	37	.302	21 1/2
Washington	15	36	.294	21 1/2
Orlando	15	37	.288	22
Charlotte	12	40	.231	25

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	42	12	.778	—
Oklahoma City	39	14	.736	2 1/2
L.A. Clippers	39	17	.696	4
Memphis	33	18	.647	7 1/2
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	30	24	.556	12
Houston	29	26	.527	13 1/2
Portland	25	28	.472	16 1/2
L.A. Lakers	25	29	.463	17
Dallas	23	29	.442	18
Minnesota	19	31	.380	21
New Orleans	19	34	.358	22 1/2
Sacramento	19	35	.352	23
Phoenix	17	36	.321	24 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

TUESDAY'S GAMES — ALL TIMES EASTERN

Toronto at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at Brooklyn, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Boston at Denver, 9 p.m.
Golden State at Utah, 9 p.m.
Phoenix at Portland, 10 p.m.
San Antonio at Sacramento, 10 p.m.

WEDNESDAY'S GAMES

Memphis at Toronto, 7 p.m.
New York at Indiana, 7 p.m.
Detroit at Charlotte, 7 p.m.
New Orleans at Cleveland, 8 p.m.
Philadelphia at Minnesota, 8 p.m.
Brooklyn at Milwaukee, 8 p.m.
Oklahoma City at Houston, 8 p.m.
Miami at Atlanta, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Boston at L.A. Lakers, 10:30 p.m.
Phoenix at Golden State, 10:30 p.m.

THURSDAY'S GAMES

Miami at Chicago, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	52	38	22
New Jersey	16	9	3	4	42	38	22
NY Rangers	14	8	5	1	38	35	17
Philadelphia	17	7	9	1	45	49	15
NY Islanders	15	6	8	1	45	54	13

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	15	10	4	1	43	34	21
Boston	13	9	2	2	37	31	20
Toronto	16	10	6	0	46	36	20
Ottawa	16	8	6	2	37	31	18
Buffalo	16	6	9	1	46	54	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	14	7	6	1	55	45	15
Florida	15	4	7	4	35	56	12
Winnipeg	14	5	8	1	35	46	11
Washington	15	5	9	1	41	51	11

MONDAY'S RESULTS

Ottawa 2 New Jersey 1 (SO)
Philadelphia 7 NY Islanders 0
Colorado 6 Nashville 5
Montreal 3 Carolina 0
Toronto 3 Florida 0
Calgary at Phoenix
Columbus at Anaheim

TUESDAY'S GAMES — ALL TIMES EASTERN

Montreal at NY Rangers, 7 p.m.
Winnipeg at Buffalo, 7 p.m.
NY Islanders at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Detroit at Nashville, 8 p.m.
Vancouver at Chicago, 8:30 p.m.
Los Angeles at Edmonton, 10 p.m.

WEDNESDAY'S GAMES

Philadelphia at Pittsburgh, 7:30 p.m.
St. Louis at Colorado, 10 p.m.
Los Angeles at Calgary, 10 p.m.

THURSDAY'S GAMES

Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

WESTERN CONFERENCE

WESTERN CONFERENCE							
CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	15	12	0	3	51	31	27
St. Louis	15	9	5	1	52	48	19
Nashville	16	7	4	5	35	35	19
Detroit	15	7	6	2	40	44	16
Columbus	15	4	9	2	34	48	10
NORTHWEST DIVISION							
	GP	W	L	OL	GF	GA	Pt
Vancouver	14	8	3	3	41	33	19
Minnesota	15	7	6	2	33	38	16
Edmonton	14	6	5	3	35	38	15
Calgary	13	5	5	3	39	47	13
Colorado	14	6	7	1	37	47	13

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	14	8	3	3	41	33	19
Minnesota	15	7	6	2	33	38	16
Edmonton	14	6	5	3	35	38	15
Calgary	13	5	5	3	39	47	13
Colorado	14	6	7	1	37	43	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	14	11	2	1	50	37	23
San Jose	14	7	4	3	37	33	17
Dallas	16	8	7	1	41	43	17
Phoenix	15	7	6	2	40	41	16
Los Angeles	13	5	6	2	30	36	12

MAPLE LEAFS 3, PANTHERS 0

First Period

1. Toronto, Kessel 3 (van Riemsdyk) 17:04

Penalties — Orr Tor (Fighting) 2:41, Parros Flo (Fighting) 2:41.

Second Period

2. Toronto, Kadri 5 (Phaneuf, MacArthur) 12:13 (pp)

3. Toronto, MacArthur 3 (Kadri, Franson) 13:57

Penalties — Franson Tor (Interference) 6:21, Komarov Tor (Diving) 7:28, Campbell Flo (Interference) 7:28, Fleischmann Flo (Hooking) 10:47, Strachan Flo (Fighting) 14:43, McLaren Tor (Fighting) 14:43, Gudranson Flo (Cross-checking) 15:37, Komarov Tor (Diving) 15:37.

Third Period

No Scoring

Penalties — Kovalev Flo (Tripping) 7:18, Kessel Tor (Hooking) 11:58, Kessel Tor (Tripping) 17:50.

Shots

Toronto 12 14 6—32

Florida 14 11 12—37

Goal — Toronto: Scrivens (W, 4-3-0).

Florida: Theodore (L, 4-6-2).

Power plays (goal-chances) — Toronto: 1-2.

Florida: 0-3.

Referees — Rob Martell, Kelly Sutherland.

Linesmen — Steve Barton, Brad Kovachik.

Attendance — 17,177 at Florida.



Horoscopes

Aries

March 21 - April 20
Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

Taurus

April 21 - May 21
As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

Gemini

May 22 - June 21
The next few days will be hugely important for those Gemini's who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

Cancer

June 22 - July 23
Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

Leo

July 24 - Aug. 23
If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

Virgo

Aug. 24 - Sept. 23
You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

Libra

Sept. 24 - Oct. 23
Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

Scorpio

Oct. 24 - Nov. 22
It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

Sagittarius

Nov. 23 - Dec. 21
The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

Capricorn

Dec. 22 - Jan. 20
Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

Aquarius

Jan. 21 - Feb. 19
For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

Pisces

Feb. 20 - March 20
Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

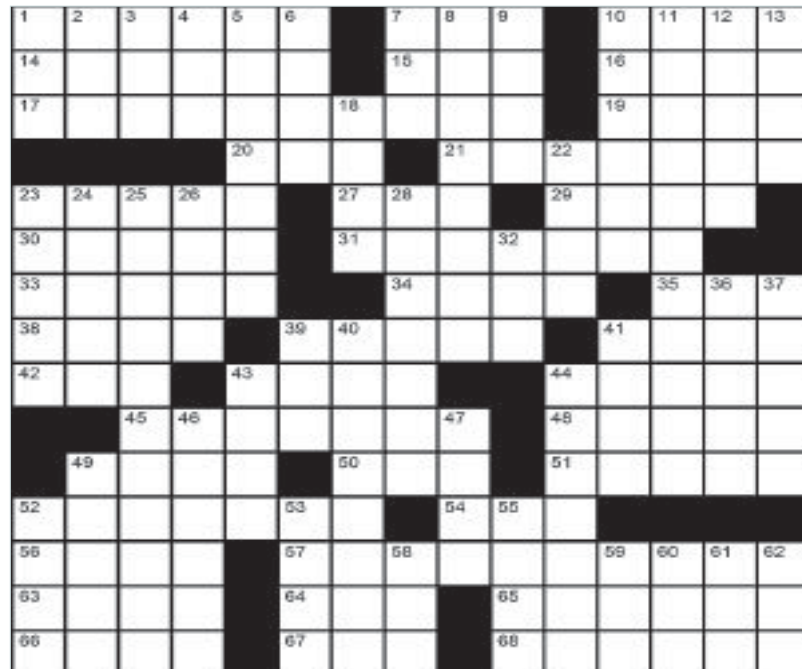
Crossword: Canada Across and Down

Across

- Canadian star of "Grey's Anatomy", ___ Oh
- Typing-efficiency meas.
- Briefly get ready
- Hawaiian greetings
- "___haw!"
- Lively circle dance
- Ottawa's ___ Buildings
- Departed one's bio
- Compass dir.
- Anne Hathaway's Oscar-nominated role in "Les Misérables"
- Early-'80s Tom Hanks sitcom, "___ Buddies"
- MLB's Diamondbacks, on scoreboards
- 'Chamel' completers
- Prefix to 'violet'
- Most profound
- Oscar-winner Sophia
- Happy
- Clock's l'il time segments
- "The Brady Bunch" son
- Cram
- Laboratory bottle
- Summer clock setting [acronym]
- Don't pass
- "___ bleu!"
- "Oh What a Feeling" band
- Signed, as a deal
- Norse thunder god
- Period
- Tavern orders
- What \$20 bills are made of
- Sault ___, Marie, Ontario
- 'Hypn' suffix
- RRRoll Up the Rim to Win chain: 2 wds.
- Same: French
- Wee week/day
- Greek Myth: Muse of astronomy
- Some punk music fans
- 'Enthusi' ender
- High school in "Grease" (1978)

Down

- Exhausted

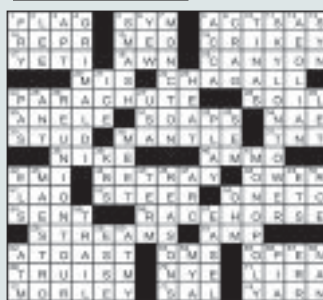


- Birmingham's l'il state
- Agatha Christie novel, ___ M?
- FedEx rival
- Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
- Wise ___ owl: 2 wds.
- X's spelled-out follower
- Montreal Neurological Institute founder, Dr. Wilder ___
- Prefix to 'morphosis'
- Pics
- Canadian actor Alan's singer/songwriter son: 2 wds.
- "Happy Days" actress Ms. Moran's

- Cracker topping
- Honey drink
- Require
- WWII's Battle of the ___
- "___" (Prayer opener)
- Celeb's long ride to the Oscars?: 2 wds.
- Portland, ___
- Frequent customer
- Salary
- More unique
- Toboggans
- Viewed
- Captain James T. Kirk ...the 'T.' stands for what?

- Weather ___ (Barn topper)
- Shape
- "Mimi on the Beach" singer
- Posh cars, Rolls-___
- Foolhardy
- Symbolic pole
- Apple or pear, in botany
- "At Last" singer Ms. James
- ___ of duty
- "How I ___ Your Mother"
- Small amount
- U2 song
- Nothing
- Pizzeria owner in "Do the Right Thing" (1989)"

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -22°
MIN: -26°

WEDNESDAY



MAX: -21°
MIN: -26°

THURSDAY



MAX: -12°
MIN: -16°



JENNA KHAN
WEATHER SPECIALIST

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(204) 475-0483

AirSource

Unit 20-2583 Pembina Hwy.

(204) 261-1234

AirSource

2599 Pembina Hwy.

at Bison Dr.

(204) 261-1234

AirSource

University Centre

University of Manitoba

(204) 987-3444

AirSource

Portage Place

(204) 946-0721

AirSource

2609 Portage Ave. at Moray

(204) 954-2939

AirSource

1500 Regent Ave. W

(204) 988-3080

AirSource

St. Vital Centre Kiosk

(204) 989-2939

AirSource

St. Vital Centre

(204) 989-2940

SI Wireless Communications

1132 Portage Ave.

(204) 231-1600

SI Wireless Communications

661 Corydon Ave.

(204) 231-1650

SI Wireless Communications

Winnipeg Square

(204) 944-8070

Teleco

Kenaston Common

(Kenaston at McGillivray)

(204) 947-9570

Teleco

948 St. James St.

(204) 831-1234

Kildonan Place

(204) 667-8248

Garden City

Shopping Centre

(204) 339-8895

Polo Park

(204) 774-2412

SELKIRK

Nickel Communications

3-344 Main St.

(204) 482-9667

STEINBACH

Nickel Communications

Unit H - 197 Main St.

(204) 326-4988

WINKLER

Nickel Communications

9 - 820 Triple E Blvd.

(204) 325-4121

BRANDON

Teleco

Unit B3 - 11288 18th St.

(204) 727-0100

Brandon Shoppers Mall

(204) 571-6976

NEEPAWA

Neepeewa True Value

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(204) 476-2333

STONEWALL

TMC Distribution

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